

Screenings & Immunizations for Men

Reducing your risk for cancer and getting regular cancer screening tests to find cancer early gives you the best chances for staying well and living a long life. Take control of your health and reduce your cancer risk by making healthy lifestyle choices and get regular screening tests:

Screening Tests	Ages 13-39	Ages 40-49	Ages 50-64	Ages 65+
General Health: Full check up	Discuss with your health care provider. Ask about health topics such as: overweight and obesity, tobacco use, alcohol use, depression,skin and mole exams.			
Heart Health: Blood Pressure test	Starting at age 18, then once every 1-2 years if normal.			
Cholesterol test	Discuss with your health care provider.			
Diabetes: Blood sugar test	Discuss with your health care provider.	Starting at age 45, then at least every 3 years. Discuss with your health care provider.		
Prostate Health: Digital Recal Exam (DRE)		Discuss with your health care provider.		
Prostate-specific antigen (PSA) Test		Discuss with your health care provider.		
Reproductive Health: Testicular Exam	Discuss with your health care provider.			
Sexually Transmitted Disease (STDs)	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.			
HIV Test	At least once to find out your HIV status. Ask your health care provider if and when you need the test again.			
Colorectal Health: Fecal Occult Blood Test (FOBT)			Yearly Discuss with your health care provider about which test is best and how often.	
Flexible Sigmoidoscopy			OR Every 5 years Discuss with your health care provider about which test is best and how often.	
			OR Every 10 years Discuss with your health care provider about which test is best and how often.	
Colonoscopy				
Skin Health: Mole Exam	Monthly mole self-exam; by a healthcare provider every 3 years, starting at age 20.			
Oral Health: Dental Exam	1-2 times every year.			
Mental Health Screening:	Discuss with your health care provider.			
Eye Health: Vision Exam	Once initially between age 20 and 39.	Every 2-4 years.		Every 1-2 years.
Ear Health: Hearing Test	Starting at age 18, then every 10 years.		Discuss with your health care provider.	

(more on back)

Be Active // Be Healthy

Immunizations	Ages 13-39	Ages 40-49	Ages 50-64	Ages 65+
Influenza vaccine	Every Fall or Winter.			
Tetanus, diptheria, pertussis (Td, Tdap) vaccine	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.			
Varicella (chickenpox) vaccine	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your health care provider if you need this vaccine.			
Human papillomavirus (HPV) vaccine	You need this vaccine if you are 26 or younger and have not already completed the series.			
Herpes Zoster (shingles) vaccine			Starting at age 60, you need a single dose of this vaccine.	
Measles, mumps, rubella (MMR) vaccine	If you have not had at least 1 dose of MMR, ask your health care provider if you need this vaccine.		If you were born in 1957 or later and have not had at least 1 dose of MMR, ask your health care provider if you need this vaccine.	
Pneumococcal vaccine	If you smoke or have a chronic health problem, ask your health care provider if you need this vaccine.			You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose.
Meningococcal vaccine	You need this vaccine if you are planning to live at college or have certain medical conditions. Discuss with your health care provider.	You may need this vaccine if you have certain medical conditions. Discuss with your health care provider.		
Hepatitis A vaccine	Discuss with your health care provider.			
Hepatitis B vaccine	Discuss with your health care provider.			

Note: *These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.*

Source: www.womenshealth.gov

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